

# After an attack

Call the Police: **Emergency: Dial 999** | **Non-emergencies: Dial 101**

**1 Dial 999** in an emergency if you are in imminent danger, or require urgent medical assistance.

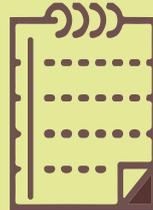


**2 Do not attempt to confront the perpetrator(s)** in a way that may endanger your safety, always call police to the scene as soon as it is safe to do so.

**3 Dial 101** - Visit your local police station, or dial 101 to report the incident. If you feel hesitant or afraid, the IRU can assist with a representative to accompany you for support.



**4 Note down** a description of the perpetrator(s), including their height, hair colour, gender, ethnicity, and approximate age. It may also be useful to note their state at the time of the attack i.e. if they seemed intoxicated.



**5 Record** - If safe to do so at the time, try to record the incident on your smartphone as it happens. Capturing the perpetrator's identity on video or camera will be valuable in an investigation.



**6 Registration** - If the incident involves a perpetrator's vehicle, always try to take down the car registration number. Try to remember the description of the vehicle e.g model and colour.



**7 Evidence** - Keep as much evidence as possible for police investigations. For example, do not wash out spit from clothing, and try to keep written letters or messages.



**8 Photographs** - Take photographs of any physical injuries sustained from an attack.

**9 Diary** - If you are unable to record at the time of the incident, try to record a short video diary of yourself after the incident showing how much it has affected you.



**10 CCTV** - Look for CCTV in the immediate area of the attack that can later be used in an investigation.

**11 Witnesses** - Approach witnesses at the scene. Ask if they would be happy to make a statement later, if so, take their names and contact details. If you feel shaken and distressed you can ask them to stay with you until police arrive on the scene.



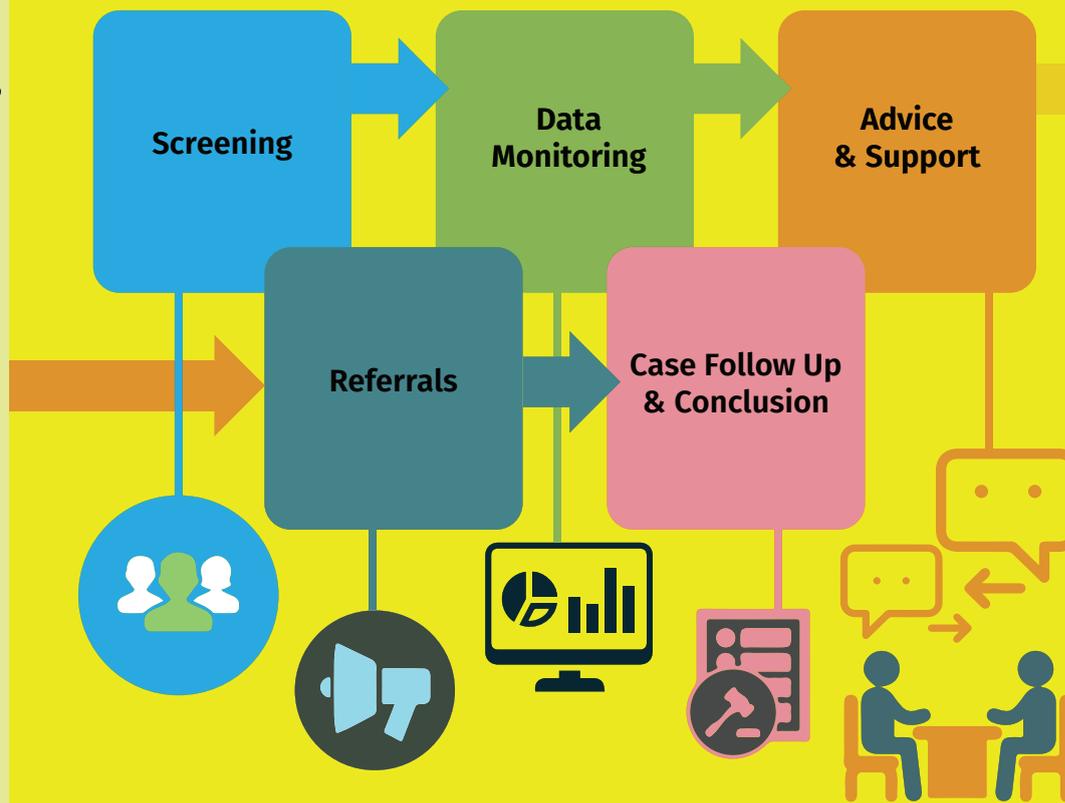
**12 Harassment** - If you are experiencing a prolonged period of harassment, by a neighbour for example, keep a diary of all the abusive incidents and how they made you feel.



[mend.org.uk/report](http://mend.org.uk/report)

## IRU Reporting System

The IRU reporting system is both simple and accessible to all. Dealing with an Islamophobic incident can be very distressing. Our specialist team of Caseworkers are here to work closely with you, assessing your needs and ensuring your case has the best possible outcome. We aim to take you from initial report, to a successful case conclusion. Here is an overview of how we handle your case below:



**Do not suffer in silence!** Reporting to the IRU ensures your voice is heard. You can reach our helpline on **0203 904 6555** or through email: [iru@mend.org.uk](mailto:iru@mend.org.uk)

# Islamophobia Response Unit (IRU)

## Report it! Stand up to it!



### The Islamophobia Response Unit (IRU)

is a free and confidential advice service for those affected by Islamophobic discrimination and Islamophobic hate crime.

#### We conduct data monitoring on Islamophobia across the country.

We then use this data to raise awareness about Islamophobia. We work with the police and local councils and provide information to policy makers. This brings the fight against Islamophobia to the political and legislative arena.

#### We offer legal support, advice, and referral services.

We assess each victim's needs and requirements to provide the best possible support in their case.

Our team of legal caseworkers provide support in cases of discrimination, mediation or litigation. We help victims to assess what legal recourse they may have. We also work with leading law firms (where appropriate on a no-win, no fee basis).

Our team of hate crime caseworkers provide advice through every step of your hate crime report i.e. assisting in police reports and police liaison.

We offer referral to specialist organisations and partners who can best support the victim's needs.

#### We offer emotional support to victims of Islamophobia.

We provide confidential emotional support, particularly to victims of hate crime incidents. In appropriate cases we signpost or refer victims to specialist services offering professional assessment and treatment.

## Are YOU a victim?

Have you been a victim of Islamophobic hate crime?

Have you suffered religious discrimination on account of being Muslim?

If you feel you are a victim of Islamophobia, contact us by

**Visiting:**

**[mend.org.uk/report](https://mend.org.uk/report)**

**Calling:**

**0203 904 6555**

**Emailing:**

**[iru@mend.org.uk](mailto:iru@mend.org.uk)**

and provide us with details of your case.

**One of our case workers will then be in touch and guide you through the process.**

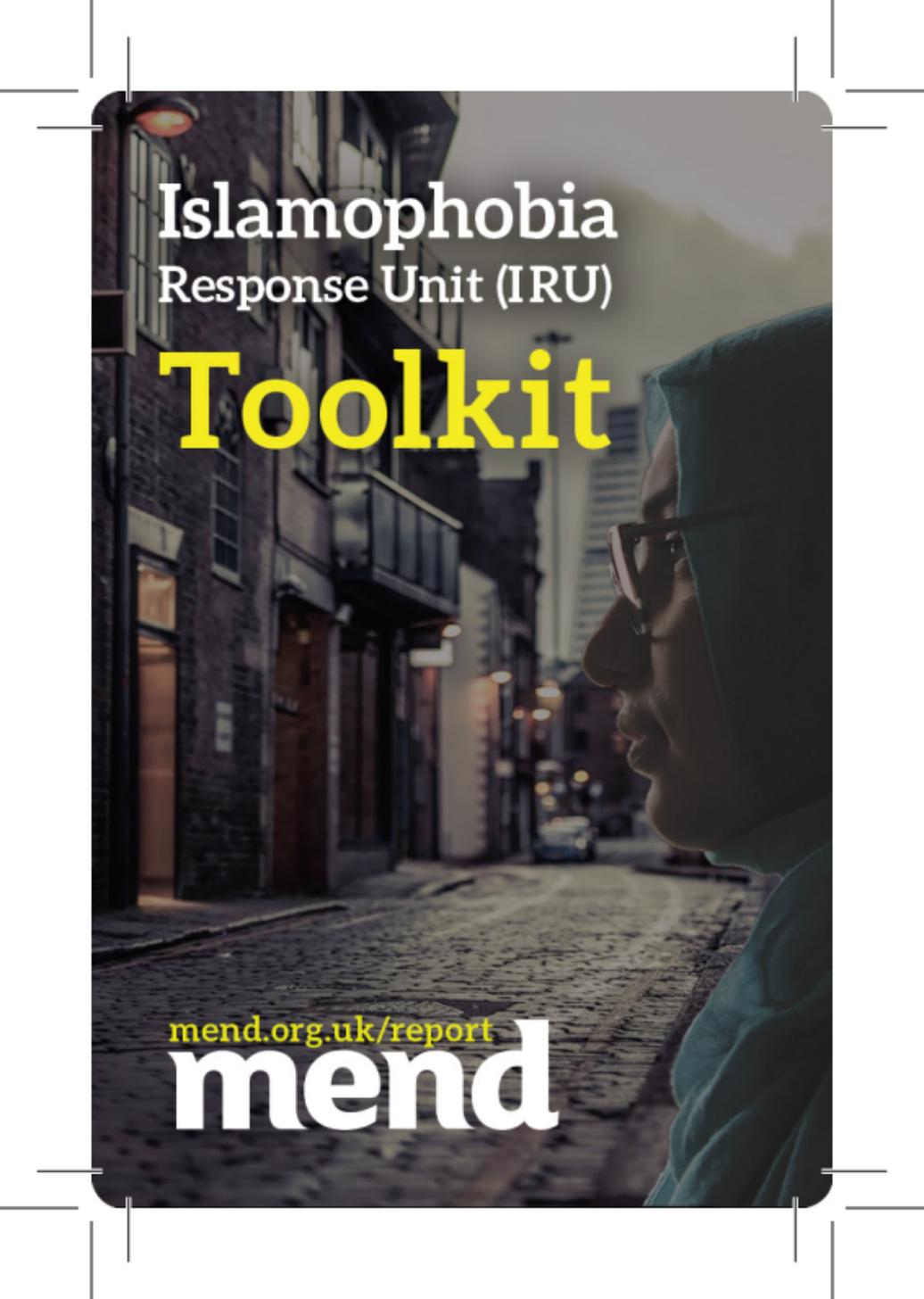
## Types of IRU Cases

Our legal team have expertise in a wide range of areas, including employment law and criminal law.

### Types of cases the IRU deals with include:

- Discrimination in the workplace
- Unfair dismissal at work
- Lack of prayer room facilities
- Physical assault
- Verbal abuse
- Harassment
- Criminal damage
- Media complaints
- And more



A woman wearing a blue hijab and glasses is shown in profile, looking out over a city street at night. The street is illuminated by streetlights, and buildings are visible in the background. The overall mood is contemplative and urban.

Islamophobia  
Response Unit (IRU)

# Toolkit

[mend.org.uk/report](https://mend.org.uk/report)

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**Islamophobia  
Response Unit (IRU)  
Report it! Stand up to it!**

Westbound

